

December Senior Center Gazette 2005

Holiday Paella Lunch
Tuesday, December 6, 12:00
 \$5 members, \$7 non-members

Tuesday, Dec. 13, 12 Noon
 Don your festive wear & join us:
**Holiday Celebration Lunch
 and Concert**

**Roast Turkey, Ham,
 Mashed Potatoes, Gravy,
 Cranberry Sauce, Salad
 Vegetable, Roll, Pumpkin Pie**
 \$5 members, \$7 non-members

Fremontaires Holiday concert
at 1:00 pm
**Join in the merriment
 and good will to all!**

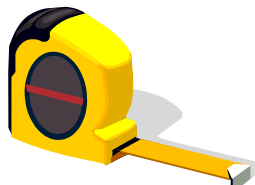


Birthday Party
Friday, Dec. 9, 1:30 pm
Senior Center Singers
Mission San Jose
High School Singers

Everyone join in the singing, even if December is not your birthday month. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing from the names of seniors present that have birthdays in December. Prizes have been donated by Atria's Retirement Inn, Carlton Plaza, Cookies by Design, Kathy's Floral Design,, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITIO N.....	574-2064



SENIOR CENTER FLOORS TO BE REBUILT

Wing A/ Multi-Purpose Room
Hallway to Wing A are
scheduled to start on
Tuesday, December 20

No lunch served on:
 Tuesday, December 20
 Wednesday, December 21
 Thursday, December 22

All Wing A classes and groups will
be moved to the Community
Center until Mid January.

Senior Center Open 9 am-1 pm on:
 Tuesday, December 27
 Wednesday, December 28
 Thursday, December 29

Lunch served in Wing A. No classes.

**All schedules are subject
 to change.**

SPEAKERS IN DECEMBER

Tues., December 6, 10:30 am
Charu Davé, R.P.T, "What's
New in Physical Therapy"



Monday, Dec. 19, 9:00 am
Grandparent's &
Grandchildren's Breakfast

\$5 members,
\$7 non-member seniors
\$3 children under 12

Entertainment by the Prince of
 Peace Lutheran Church Bell Choir
 Pictures of guests & Santa Claus
 Sausage, Ham, Bacon Eggs, Hash
 Brown Pancakes, Syrup, Jelly
No lunch served today.

The Senior Center will closed
on Fri. 12-23, Mon. 12-26,
Fri. 12-30 & Mon. 1-2-06.
HAPPY NEW YEAR TO ALL!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.